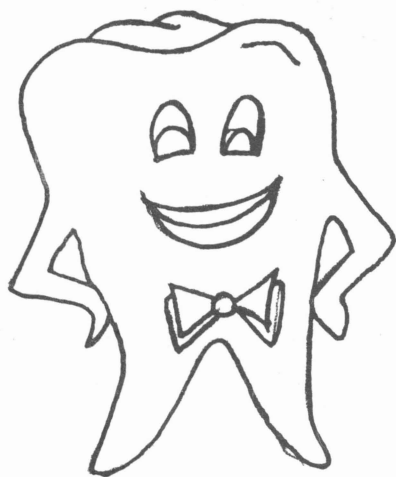


THE WONDER OF MILK

Guillermina Valdez and Dorothy Schertz*

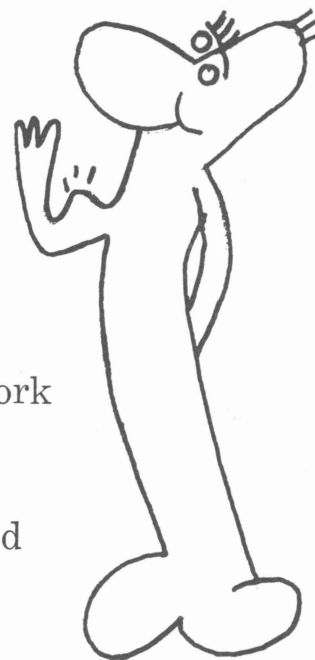


Milk helps you build:

- Strong Bones
- Good Teeth
- Strong Muscles

Milk also helps:

- Your muscles to work well
- Your blood to clot
- Build body cells and tissues



You need more milk than mom and dad. You never outgrow your need for milk.

You can choose from several kinds of milk: FRESH MILK, EVAPORATED MILK and NONFAT DRY MILK.



NONFAT DRY MILK is made from fresh milk. The cream and water have been taken from the milk, but it has all the calcium and protein of whole fresh milk or evaporated milk.

NONFAT DRY MILK can be used in place of fresh milk for drinking by following these steps:
 DRY MILK + WATER = FLUID SKIM MILK



Look for amounts of dry milk and water to use on the nonfat dry milk package.

Nonfat dry milk can be used in place of fresh milk for cooking, too.

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Use nonfat dry milk to make puddings.

CREAMY RICE PUDDING

- | | |
|--|-------------------------------------|
| 1 cup uncooked rice | 2 eggs, beaten or $\frac{1}{2}$ cup |
| 2 cups boiling water | egg mix and $\frac{1}{2}$ cup water |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons butter or |
| 3 cups fluid milk | margarine |
| $\frac{1}{2}$ cup raisins | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup sugar or $\frac{3}{4}$ cup corn
syrup | |

Add 1 cup rice to 2 cups boiling salted water. Cover and cook 20 minutes over low heat or until rice is tender.

Combine rice, milk, raisins and sugar or corn syrup. Cook over medium heat until thick and creamy. Remove from heat. Add small amount of rice mixture to eggs; stir into remaining hot mixture. Cook 2 minutes, stirring constantly. Add butter or margarine and vanilla. Serve warm or cold. Makes 6 servings.

Learn more about nonfat dry milk by doing this "science in food" experiment. Place $\frac{1}{4}$ cup of fresh or fluid nonfat dry milk in a pan. Place in sun until pan is dry.

1. What is left? _____ 2. What is gone? _____

You can serve rice pudding as part of a meal.

Try the following

Your own meal



Are you proud of your rice pudding? Yes _____ No _____

Was it smooth and creamy? Yes _____ No _____

Did you like its flavor? Yes _____ No _____

The authors express appreciation to the Texas Agricultural Extension Service foods and nutrition specialists for their cooperation in preparing this Expanded Nutrition Program leaflet.